

Pesto Minestrone

Makes: 50 servings or 100

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Olive oil		2 Tbsp		1/4 cup
Onion, Spanish, diced	2 lb		4 lb	
Carrots, diced, fresh or frozen	2 lb		4 lb	
Broccoli, Fresh or frozen, chopped	2 lb		4 lb	
Water		1 gal		2 gal
Tomatoes, cnd, no salt, chopped, reserve juice for soup		1 # 10 can		2 # 10 can
Chicken broth, low sodium		1 gal		2 gal
Kidney beans, canned, drained and rinsed	6 lb		12 lb	
Enriched macaroni/pasta				

Nutrition Information

Nutrients	Amount
Calories	180
Total Fat	3 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	310 mg
Total Carbohydrate	31 g
Dietary Fiber	8 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Meal Components

Vegetables	1/4 cup
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macaroni/pasta				
Basil, fresh leaves, washed		1 qt		2 qt
Italian Parsley or Curly Parsley, fresh leaves, washed		1 qt		2 qt
Garlic Cloves, peeled		1/4 cup		1/2 cup
Parmesan Cheese, finely grated		3 Tbsp		1/3 cup
Olive oil		2 Tbsp		1/4 cup

Directions

1. In large stockpot or steam kettle lightly cook onion in olive oil 5 minutes over medium heat until soft. Do not brown.
2. Add carrots and broccoli.
3. Cook stirring occasionally 5 minutes.
4. Add tomatoes (with juice), water and chicken broth. Bring to boil.
5. Add beans and pasta. Cook 10 minutes or until pasta is al dente.
6. While pasta is cooking prepare pesto in blender or food processor.
7. Add the fresh basil, parsley, garlic, Parmesan cheese and olive oil.

8. Puree until smooth and uniformly blended. If too thick, add a few drops of water.

9. Just before serving, remove soup from heat and stir in pesto.

10. Serve 1 cup (8 ounces)

Notes

Serving Tips:

Can be served with crushed red pepper on the side

Additional Tips:

You can find the recipe for 25 servings and family sized servings [here](#).

Source: NH Obesity Prevention Program, DHHS, DPHS